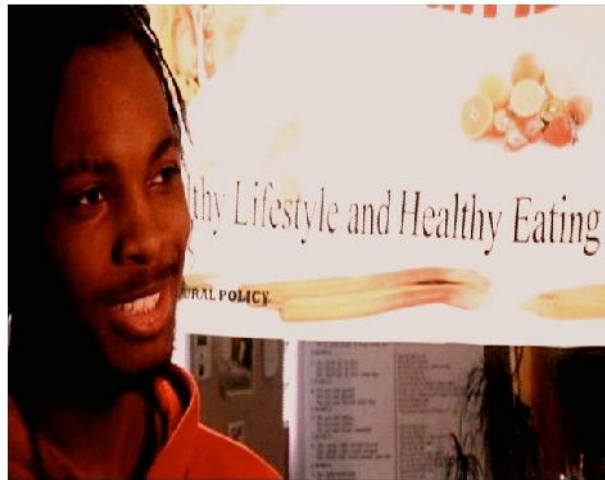


# Smart Eating and the Good Life

Michelle Obama's crusade against obesity resonates in the territory of the Boys Girls Adults Community Development Corp. It has been campaigning against the killer diet disorder for three years.

March is always Obesity Awareness Month in Marvell and Elaine. BGACDC brings in young adults and children for films about a healthy diet and the dangers of obesity, and Cooperative Extension agents explain and demonstrate what a healthy plate should look like.



Antonio Robinson, 15, talks about a healthy lifestyle and good eating habits

Each March, BGACDC volunteers reach some 60 families door-to-door with a survey of people's knowledge and attitudes about diet and health and a little teaching.

"We are in a real food desert here in the Delta," said the Rev. Jerome Turner, BGACDC youth and family services director. "People lack easy access to healthy foods, partly because they are a little scarcer and they tend to cost a little more. We try to demonstrate that it is worthwhile to strive for a better, low-fat diet because obesity and bad health are far costlier in the long run."

The annual campaign targets adults from 18 to 39 because they are more likely to be vulnerable and to have children who are vulnerable.



*To help BGACDC continue serving the community, please visit our website at [www.bgacdc.net](http://www.bgacdc.net), and click on "Donate."*

*April 2012*